

MACAROONS - SWISS MERINGUE METHOD

ADAPTED FROM STEPHANE GLACIER'S MACAROON BOOK

200G ALMOND POWDER
200G ICING SUGAR
150G EGG WHITES
125G GRANULATED SUGAR
1 PINCH SALT

1. 2 DAYS BEFORE MAKING, SEPARATE EGG WHITES
2. 1 DAY BEFORE MAKING (IF ALMOND FLOUR IS MOIST) DRY OUT ALMOND IN OVEN OVERNIGHT
3. GENTLY PROCESS ALMOND FLOUR IN ROBOT COUP, SIFT 2X
4. SIFT ICING SUGAR 1X, COMBINE 200G SIFTED ALMOND FLOUR AND 200G ICING SUGAR AND SIFT TOGETHER 2X
5. COMBINE 1/2 (75G) EGG WHITES WITH SUGAR, PLACE OVER DOUBLE BOILER AND HEAT UNTIL SUGAR DISSOLVES WHILE CONSTANTLY WHISKING
6. WHIP EGG WHITES WITH A PINCH OF SALT UNTIL STIFF AND KEEP SLIGHTLY WARM
7. PLACE ALMOND/SUGAR MIXTURE IN BOWL, ADD MERINGUE AND REST OF LIQUID EGG WHITES
8. WITH A HARD SPATULA OR SPOON, MIX AND BEAT UNTIL A PASTE IS FORMED, MIXTURE IS SHINY AND THERE ARE NO AIR BUBBLES.
9. PIPE ONTO SILTPAT AND DRY 30-60 MINUTES DEPENDING ON HUMIDITY LEVEL IN YOUR KITCHEN
10. IN DECK OVEN, BAKE AT 160C WITH FLUE CLOSE FOR 6 MINUTES, OPEN FLUE AND BAKE ANOTHER 6 MINUTES